



LifeXWise

## Body Fat Analyzer

63-1525

### Step One

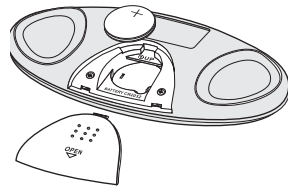
#### Installing the Battery

Your body fat analyzer comes with one CR 2032 button cell battery (uninstalled).

1. Slide off the cover.
2. Insert the battery, with the positive (+) side up. **kg/cm** flashes.
3. Replace the cover.

If the analyzer turns off after you install the battery, press **⏻** to turn it on and make sure the measurement unit (**kg/cm** or **lb/ft/in**) you want to display appears.

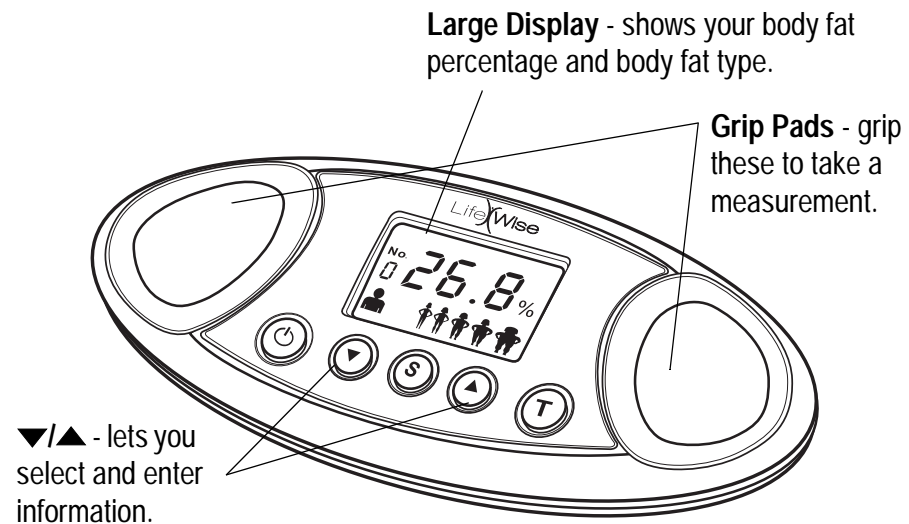
If you do not want to store a reading when **kg/cm** flashes, press **S** and then **⏻** to turn off the analyzer. Otherwise, **kg/cm** continues to flash and consume battery power.



### Step Two

#### Removing the Protective Plastic

The display is protected by a piece of clear plastic. Peel off the plastic before using your analyzer.



### What's Included

Body Fat Analyzer One CR 2032 Battery  
Owner's Manual

### Important

Do not use the analyzer if you are pregnant, have a pacemaker implanted in your body, or are on an electronic life support system. The measurements made by the analyzer are for personal reference only. Consult your doctor for more information about body fat. It is best to use the same body fat analyzer during your training in order to receive consistent readings. Readings may vary among other body fat analyzers.

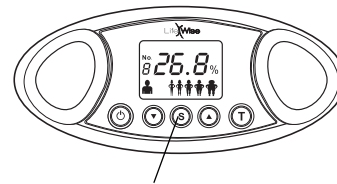
### Step Three

#### Storing a Personal Profile

Your analyzer stores up to eight personal profiles, letting you enter and save information for up to eight people. You can also enter a temporary profile, which the analyzer does not save.



1. Select a measurement unit by repeatedly pressing ▼ or ▲ while **kg/cm** (kilograms/centimeters) or **lb/ft/in** flashes. Then press **S**.



2. Repeatedly press ▼ or ▲ to select the desired profile number. Then hold down **S** until **110 lb** or **50 kg** (the default weight setting) flashes.



3. Repeatedly press ▼ or ▲ until your weight appears, then press **S**. Repeat these steps to store your height, age, and gender.

If you want to change the measurement unit, remove the battery. Hold down **S** and reinstall the battery synchronously. Then, repeat these steps.

To enter a profile, but not store it in the analyzer, select **0** as the desired profile number in Step 2. If you do not press any key for about one minute, the analyzer automatically turns off.

#### Body Fat Types



Underweight



Healthy



Slightly  
Overweight




Overweight




Obese

Step Four


Using the Analyzer



1. Press **⏻**.



2. Repeatedly press **▼** or **▲** to select the desired profile number. Then press **T**. The body fat icons flash.



3. While holding your arms straight in front of you, tightly grip the grip pads with your thumbs and index fingers. Your body fat percentage appears and body fat type flashes.

**Err** (error) appears when:

- Your thumbs and index fingers are not positioned correctly or not firmly pressed on the pads.
- Your thumbs and index fingers are too dry to be conductors. Slightly moisten them.

If **Err** appears, press **T** and try again.

Body Fat Chart

Gender/ Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male, 30 or younger	Less than 14%	14-20%	20.1-25%	25.1-35%	More than 35%
Male, 31 or older	Less than 17%	17-23%	23.1-28%	28.1-38%	More than 38%
Female, 30 or younger	Less than 17%	17-24%	24.1-30%	30.1-40%	More than 40%
Female, 31 or older	Less than 20%	20-27%	27.1-33%	33.1-43%	More than 43%

Measuring Tips

- Stand or sit while taking a measurement. Do not change your posture during the measurement.
- Wipe the grip pads with a soft, dry cloth before use. If the pads are dirty, use a damp cloth to clean them.
- Do not use the analyzer if your body or fingers are wet.
- Your hydration level and circulation can affect the measurement. Do not use diuretics, caffeine, alcohol, or other substances that might affect your hydration.
- Be sure to use the analyzer in the same environment and daily condition.

**Note:** Measurements may vary during changes in your body, such as menstrual cycle, illness, or immediately after vigorous exercise.

Battery Notes

- Keep button-cell batteries away from children. Swallowing a button-cell battery can be fatal.
- Use only fresh batteries of the required size and recommended type.
- If you do not plan to use the body fat analyzer for a month or more, remove the battery. Batteries can leak chemicals that may destroy electronic parts.
- Dispose of old batteries promptly and properly. Do not burn or bury them.

Care

To use your Hand-Held Body Fat Analyzer for a long time:

- Keep the analyzer dry. Never immerse it in water.
- Keep the analyzer away from direct sunlight, dust and dirt.
- Handle the analyzer carefully; do not drop it.
- Use and store the analyzer in normal temperature environments.
- Do not disassemble the analyzer.

Specifications

Power ..... One CR2032 lithium battery

FDA Approval ..... Class II Device Under  
FDA Regulation 870.2770

Dimensions (HWD) ..... 2<sup>3</sup>/<sub>32</sub> x 4<sup>3</sup>/<sub>4</sub> x <sup>3</sup>/<sub>4</sub> Inches  
(53 x 120 x 19 mm)

Weight (with batteries) ..... 1.76 oz (50 g)

Operating Temperature .....32°-104° F  
0°-40° C

*Specifications are typical; individual units might vary. Specifications are subject to change and improvement without notice.*

Limited One-Year Warranty

This product is warranted by RadioShack against manufacturing defects in material and workmanship under normal use for [one (1) year] from the date of purchase from RadioShack company-owned stores and authorized RadioShack franchisees and dealers. EXCEPT AS PROVIDED HEREIN, RadioShack MAKES NO EXPRESS WARRANTIES AND ANY IMPLIED WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE DURATION OF THE WRITTEN LIMITED WARRANTIES CONTAINED HEREIN. EXCEPT AS PROVIDED HEREIN, RadioShack SHALL HAVE NO LIABILITY OR RESPONSIBILITY TO CUSTOMER OR ANY OTHER PERSON OR ENTITY WITH RESPECT TO ANY LIABILITY, LOSS OR DAMAGE CAUSED DIRECTLY OR INDIRECTLY BY USE OR PERFORMANCE OF THE PRODUCT OR ARISING OUT OF ANY BREACH OF THIS WARRANTY, INCLUDING, BUT NOT LIMITED TO, ANY DAMAGES RESULTING FROM INCONVENIENCE, LOSS OF TIME, DATA, PROPERTY, REVENUE, OR PROFIT OR ANY INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, EVEN IF RadioShack HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.

Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

In the event of a product defect during the warranty period, take the product and the RadioShack sales receipt as proof of purchase date to any RadioShack store. RadioShack will, at its option, unless otherwise provided by law: (a) correct the defect by product repair without charge for parts and labor; (b) replace the product with one of the same or similar design; or (c) refund the purchase price. All replaced parts and products, and products on which a refund is made, become the property of RadioShack. New or reconditioned parts and products may be used in the performance of warranty service. Repaired or replaced parts and products are warranted for the remainder of the original warranty period. You will be charged for repair or replacement of the product made after the expiration of the warranty period.

This warranty does not cover: (a) damage or failure caused by or attributable to acts of God, abuse, accident, misuse, improper or abnormal usage, failure to follow instructions, improper installation or maintenance, alteration, lightning or other incidence of excess voltage or current; (b) any repairs other than those provided by a RadioShack Authorized Service Facility; (c) consumables such as fuses or batteries; (d) cosmetic damage; (e) transportation, shipping or insurance costs; or (f) costs of product removal, installation, set-up service adjustment or reinstallation.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state

RadioShack Customer Relations, 200 Taylor Street, 6th Floor, Fort Worth, TX 76102

12/99

©2003 RadioShack Corporation.  
All Rights Reserved.  
RadioShack and RadioShack.com are  
trademarks used by RadioShack Corporation.

63-1525  
Printed in China  
05A03